

HALIFAX metro®



Protecting animals from harm

NDP introduce new legislation to keep pets safe

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Two accused of plotting VIA terror

RCMP makes arrests over an alleged al-Qaida plan to launch attack

PAGE 8

MACNEIL MEMORIAL

CAPE BRETON HONOURS RITA'S MEMORY, AND HER LAST WISH PAGE 6



More than 1,000 Haligonians ran the first kilometre of a 30-minute Boston Memorial run in silence at Point Pleasant Park on Monday evening. The run was to remember those who lost their lives or were injured at the Boston Marathon last week. JEFF HARPER/METRO

Halifax honours Boston

Runners. Event draws thousands to Point Pleasant Park

Marie-Claude Gregoire wasn't surprised when more than 1,000 runners showed up to Point Pleasant Park.

A sea of blue and yellow jackets swept through the park on a chilly Monday evening as runners paid a silent tribute to the victims of the Boston Marathon bombing.

"It really shows the connection between Halifax and Boston in a very tight-knit running community," says Gregoire, co-organizer of the Boston Memorial Run. "We were all very shocked by what was happening last Monday."

Gregoire, who was sporting her blue- and yellow-striped Boston Marathon jacket, made the Facebook group Runners

Grieve By Running after last week's bombings killed three people and injured more than 180 others.

"It was so tragic. I think people just wanted to get together, support each other and come to some form of closure," says Gregoire.

Before the run began, Richard Riley, U.S. Consulate General of Atlantic Canada, expressed his gratitude to the crowd for their support.

"The motto for this evening's race is 'Boston strong,'" he said. "But I would not only say it's Boston strong, but Halifax strong as well."

Marissa Ayotte and Matt Stickland showed their support by selling Bluenosers for Bostonians shirts. They are hoping to raise \$1,000 to donate to the victims of the bombings.

"Halifax and Boston have always had a pretty close relationship," says Stickland.

CLARK JANG/FOR METRO



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Provincial budget

Ten new conditions covered by expanded infant screening

Babies born in Nova Scotia will now be screened for sickle-cell disease and cystic fibrosis.

The province is adding the two conditions, along with eight others, to an expanded list of conditions to be screened for at birth.

Health and Wellness Minister David Wilson said in a release screening would help early detection and treatment.

"To a parent, there is nothing more important than the health of your new baby," he said.

Sickle-cell disease is an inherited blood disorder that causes sudden pain throughout the body. Cystic fibrosis is a genetic disorder that affects the lungs, pancreas, liver and intestine.

Funding for the enhanced screening was tabled in the 2013-14 provincial budget.

METRO

We regret the error

Correction: Trans Canada Trails connections

A story published in Metro Halifax on April 22 ('Happy trails in Cole Harbour neighbourhood') stated that only 40 per cent of Canada's trails are connected to the Trans Canada Trail. In fact, only 40 per cent of Nova Scotia's trails are connected.



Senior veterinarian Dr. Ross Ainslie, left, gives Trooper a checkup with Melissa Cullen at the Fairview Animal Hospital. HALEY RYAN/METRO

Province proposes new protections for pets

Animal-abuse legislation.

Amendments include higher fines, more regulations, mandatory health certificates



HALEY RYAN
haley.ryan@metronews.ca

Now this is news to wag your tail about.

The NDP government has introduced legislative amendments targeting animal abusers with tough new penalties.

Quoted

"I see some things in this announcement that are very exciting."

Nova Scotia SPCA executive director Kristen Williams

Minister of Agriculture John MacDonell announced the changes to the Animal Protection Act at the Fairview Animal Hospital Monday.

"Looking at legislation across the country, we're right up there with the stiffest anywhere," he said.

Fines for animal abusers will now range from \$25,000 for a first offence to as much as \$75,000 for a third offence.

Another amendment would make it an offence to sell a dog that hasn't been certified in good health by a veterinarian, in attempt to put an end to puppy mills.

The definition of what qualifies as "distress" for an animal would also be clarified to make a reference to anxiety.

Other changes clarify the authority of the minister to develop regulations with respect

to the care for animals and the shelters they use.

Nova Scotia SPCA executive director Kristen Williams called the changes "bold," and said she is looking forward to working with the province to develop the regulations.

"We're on the ground and we're enforcing the law, which is why I'm very interested in participating ... because I want to make sure the government's intentions are met, as well as our own," Williams said.

MacDonell said he hopes the bill can get through Province House within a month, but the regulations may not be in place until next year.

1 NEWS



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Teen pleads guilty to manslaughter of Spryfield man

70-year-old victim.

Court told Jerricho Carter Melvin Upshaw encouraged a younger friend to pull the trigger

A 19-year-old Spryfield man who encouraged a friend to shoot Glenn Francis Oakley more than a year ago has pleaded guilty to manslaughter.

Jerricho Carter Melvin Upshaw was originally charged with first-degree murder after the shooting in 2011, along with stealing property under \$5,000 and the unlawful possession and use of a credit card.

The murder charge was reduced to second-degree last year, and in Nova Scotia Supreme Court Monday, prosecutor Ron Lacey amended that charge to manslaughter.



Jerricho Upshaw METRO FILE

"You can be guilty of a criminal offence if you're ... the individual who actually pulled the trigger, or if you aid or abet in the commission of that offense," said Lacey outside court. "Essentially, Mr. Upshaw's guilty as a party."

Oakley, 70, was shot during his regular evening walk on Nov. 19. A neighbour found him lying on the Drysdale Road bridge around 10 p.m. with

a gunshot wound to his abdomen.

According to the agreed facts read by Judge Robert Wright, Upshaw and a friend were standing by the bridge when they spotted Oakley.

Upshaw encouraged his friend to shoot Oakley with the rifle, saying "do it."

They later stole Oakley's debit and credit cards and attempted to take money out of his accounts.

Lacey said the change to Upshaw's murder charge was prompted by the recent decision in provincial court where the minor who shot Oakley was found guilty of manslaughter.

"It would follow that the person who's guilty as a party would then be guilty as a party to manslaughter," Lacey said.

Upshaw is scheduled to appear in court for sentencing on May 17. **HALEY RYAN/METRO**



Gone fishin' under sunny skies

A fisherman checks his traps near the McNabs Island lighthouse on a sunny Monday afternoon. **JEFF HARPER/METRO**

Three Halifax cops

SIRT wraps up investigations

The independent body that investigates major incidents involving police in Nova Scotia has completed three reports involving Halifax-area officers.

However, the Serious Incident Response Team reports state the facts will not be discussed in any detail because all three cases are currently before the courts.

The investigations involve allegations of assault against two Halifax Regional Police

officers and one Halifax RCMP officer.

HRP Const. Chris Mosher was arrested on Dec. 11, 2012, after a woman he'd been dating accused him of sexual assault. Mosher is due in court on Thursday.

HRP Const. Desmond Lambert is facing a charge of assault related to an alleged incident of domestic violence involving his wife. He was arrested Jan. 3, 2013.

RCMP Const. Zeran (Justin) Simmonds was arrested Jan. 5, 2013, after an alleged domestic assault involving his girlfriend. **METRO**

Gun, ammo discovered

Teen faces weapons charges

A teenager is facing weapons charges after police found a gun and ammunition in a Dartmouth residence on Friday night.

A response unit searched a house in the 0-100 block of Renfrew Street and allegedly turned up a firearm. A 16-year-old male was arrested at the scene. He faces three weapons-related charges and breach of a court order. **METRO**

Review ordered after high court quashes MacIntosh appeal

Convictions thrown out. Crown to complete probe of extraditions next month

Nova Scotia's Public Prosecution Service will conduct a review of how it handles extradition cases after the Supreme Court of Canada ruled the Crown took too long to bring an accused sex offender to trial.

The high court, in an oral judgment delivered on Monday, rejected the Crown's appeal of a lower-court decision that quashed all 17 sex-offence convictions against a Nova Scotia man involving boys in the 1970s.

In December 2011, the Nova Scotia Court of Appeal threw out the convictions against Ernest Fenwick Mac-



Ernest MacIntosh
THE CANADIAN PRESS FILE

Intosh on the grounds that a 14-year delay between the original allegations and the trial was too long.

MacIntosh was working in India when the allegations first surfaced in 1995, but he wasn't extradited to Canada

until 2007, and his trial didn't start until 2010.

In their request to the Supreme Court of Canada for an appeal, Nova Scotia prosecutors said the Appeal Court erred in its decision because it didn't give enough weight to the public's interest. But the Supreme Court concurred with the lower court.

Justice Minister Ross Landry said the province's internal review will also deal with the role of the federal government.

"An analysis has to be done of the Supreme Court decision, so I will read that and then I will talk with my federal counterparts in regards to this matter," he said.

Martin Herschorn, director of Nova Scotia's Public Prosecution Service, said the review should be completed before the end of May.

THE CANADIAN PRESS



Space School now in session

Cmdr. Chris Hadfield speaks to junior high-school students at the Discovery Centre from the International Space Station during the launch on Monday of the National Film Board of Canada's new Space School website. Spaceschool.nfb.ca promises users a front-row seat to Hadfield's historic mission aboard the ISS. JEFF HARPER/METRO

Halifax harbour

Port funding will finance upgrades

Captains docking their ships won't have to worry about hitting either of the two bridges spanning the Halifax harbour.

Ottawa is making a six-figure contribution to technology upgrades at the Port of Halifax, Defence Minister Peter MacKay announced Monday.

One of those upgrades is an air-gap system, which monitors the amount of clearance between large ships and Halifax harbour bridges. It will also help reduce emission levels and fuel usage, and ensure the safety of the bridges and port users.

The other upgrade — an integrated logistics system — will help improve operations and develop and market technology in the port.

As part of the Intelligent Transportation Systems Strategic Plan, the feds are contributing \$330,000 of the estimated \$660,000 cost. The Port of Halifax will cover the other half. METRO



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Commuter Challenge. Get to work using green power, city, health officials urge

Drivers in HRM are being urged to take a vacation this June — from their cars.

Mayor Mike Savage joined local health and environmental officials in Dartmouth Monday to launch the annual Commuter Challenge, an event that challenges drivers to try more health-conscious modes of transportation.

Cities across Canada compete for bragging rights during the week-long event, held from June 2 to 8.

"I think any program that can build awareness with citizens — but also with policy makers — around the importance of the built environment and health is a big thing," said Gaynor Watson-Creed, medical officer of health with Capital District Health Authority, during the Earth Day event. "The

challenge is fun too."

Participants are encouraged to walk, bike, carpool, work from home or take public transit at least once during the week. Commutes are logged online to determine the winner.

Poet laureate Tanya Davis, who performed a poem she wrote for the challenge, said after the event that she is an avid cyclist and feels "safe enough" on the roads.

"I feel like there's safety in numbers, so the more cyclists that get out on the road, the more cars will see them ... and cars will look for cyclists more," she said, adding that bike infrastructure in HRM "isn't great."

Individuals and workplaces can sign up online at commuterchallenge.ca.

EMILY KITAGAWA/FOR METRO



Tanya Davis, outgoing poet laureate, pedals away after performing at the Commuter Challenge kickoff at Dartmouth's Holiday Inn. EMILY KITAGAWA/FOR METRO

Dalhousie. Bank makes bold donation to university

The money tree was in full bloom for the green folks at Dalhousie University thanks to a seven-figure donation on Monday.

RBC donated \$1.5 million to Dal's College of Sustainability on Monday to support the Sustainability Leadership Certificate (SLC) program.

Steve Mannell, director of the College of Sustainability, called the donation "symbolic."

"For a bank to give money to an emerging sustainability program that's about creating, hopefully, troublesome young leaders, I think that's very powerful," he said.

Kim Mason, RBC's regional president in Atlantic Canada, said when the bank donates, it likes to make sure there's a track record of success.

What's ironic is that the program, the first of its kind in Canada, has only just completed its pilot phase. Regardless, Mason says it was a perfect fit.

"We related to the fact that it was about sustainable leadership," she says.

Through a series of leadership building exercises and community engagement, the program encourages students to tackle problems and dream sustainable solutions. Some projects that were born from the SLC program included a cleanup of Barrington Street and the creation of an environmental-consulting company.

The donation, which coincided with Earth Day, ensures the financial sustainability of the program for another decade. CLARK JANG/FOR METRO



A rose is placed next to a portrait of Rita MacNeil and her teapot urn as the funeral for the Cape Breton legend came to a close in Big Pond on Monday. STEVE WADDEN/CAPE BRETON POST

Rita MacNeil's last wish honoured

Funeral. Hundreds pack church to bid Cape Breton's first lady of song farewell

Cape Breton hometown until her death, wanted to leave her two grown children with a simple set of burial instructions — and one last chuckle.

"Upon my death, I would want to be cremated immediately, my ashes to be placed in my tea room teapot. Two, if necessary," the light-hearted letter began.

On Monday, relatives, friends and fans packed a small Roman Catholic church overlooking Cape Breton's Bras d'Or Lakes where — as per her wishes — MacNeil's

Wade Langham was making funeral arrangements for his mother, Rita MacNeil, last week when a handwritten note unexpectedly tumbled out of the beloved singer-songwriter's will.

Turns out that MacNeil, who ran a tea room in her

Quoted

"She showed us that humour and laughter is a wonderful coping mechanism in hard times."

Laura Lewis, daughter of Rita MacNeil

cremated remains sat in a white teapot alongside one of her many hats and a portrait of her.

MacNeil's daughter Laura Lewis told those gathered at St. Mary's Parish in Big Pond that she was overwhelmed by the sympathies that have been extended to her family after her mother's death.

"What a legacy our mother has left for us. She was a very special mom. We loved her deeply and we will miss her deeply," she said during a half hour service that featured prayers and MacNeil's music.

MacNeil's letter to her children, which Lewis read during the service, went on to request a party at the firehall next door to the church immediately following her funeral.

"Cash bar and music, so party on down," Lewis read, prompting laughter from the people who had begun filling

the church's pews and upper balcony hours before the funeral got underway.

Premier Darrell Dexter, who was among those who attended the service, said he wanted to pay his respects to a great Nova Scotian who graced the world with her gift of music.

"Rita MacNeil is an iconic individual," Dexter said. "It's an opportunity to reflect on the tremendous gifts that Rita gave to the island and to the province and to the world."

MacNeil won her first Juno Award in 1987 as Canada's most promising female vocalist and went on to win the Juno for vocalist of the year in 1990 and country female vocalist of the year in 1991.

She died last Tuesday following complications from surgery after a recurring infection.

THE CANADIAN PRESS



Wade Langham carries a teapot holding the ashes of his mother, Rita MacNeil, at her funeral at St. Mary's Church in Big Pond, N. S., on Monday. The 68-year-old singer died in hospital in Sydney, Nova Scotia, following complications from surgery after a recurring infection. THE CANADIAN PRESS

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Backup Warning Sensor	✓	✗	✗
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HWY (M/T): 5.3L/100KM
CITY (M/T): 6.9L/100KM

Rio4 SX with Navigation shown^Δ

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FEATURES	2013 RIO 4-DOOR LX + MT	2013 Toyota Yaris 5-Door LE MT Conv. Pkg.	2013 Ford Fiesta Sedan MT
Horsepower (hp)	138	106	120
Fog Lights	✓	✗	✗
Cruise Control	✓	✗	✗
Satellite Radio	✓	✗	✗

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HWY (A/T): 5.5L/100KM
CITY (A/T): 8.0L/100KM

Forte SX shown^Δ

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Offer available on select new 2013 models through participating dealers to qualified retail customers who take delivery by April 30, 2013. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to \$1,650, PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable) and excludes licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. ^Δ0% purchase financing is available on select new 2013 Kia models O.A.C. Terms vary by model and trim, see dealer for complete details. Representative financing example based on 2013 Sorento LX AT (SR75BD) with a selling price of \$28,724 financed at 0% APR for 60 months. 130 bi-weekly payments equal \$221 per payment with a down payment/equivalent trade of \$0. ^Δ"Don't Pay For 90 Days" offer (90-day payment deferral) applies to purchase financing on select new 2012/2013 models. No interest will accrue during the first 60 days of the finance contract. After 90 days, interest accrues and the purchaser will repay both the principal and interest monthly over the contract's term. ^Δ"Don't Pay Until Fall" offer is available O.A.C. to eligible retail customers who finance or lease a new 2013 Sorento from a participating dealer between April 2-30, 2013. No interest will accrue during the first 150 days of the finance contract. After 180 days, interest accrues and the purchaser will repay both the principal and interest monthly over the contract's term. Offer cannot be combined with "Don't Pay For 90 Days" offer. ^Δ"V6 step-up offer available on a 2013 Sorento 3.5L LX AT (SR75ED) with an MSRP of \$29,495 with \$3,000 loan savings applied. ^Δ"6 Bi-Weekly Payments On Us" offer is available on approved credit to eligible retail customers who finance or lease a new 2013 Rio from a participating dealer between April 2-30, 2013. Customers will receive a cheque in the amount of six payments (excluding taxes) to a maximum of \$300 per month or can choose up to \$900 reductions from the selling/lease price after taxes. See your dealer for complete details. Offer ends April 30, 2013. Cannot be combined with "Don't Pay For 90 Days" offer. ^Δ"Bi-weekly finance payment O.A.C. for new 2013 Sorento LX AT FWD (SR75BD)/2013 Rio4 LX MT (R0541D)/2013 Forte Sedan LX MT (F0540D) based on a selling price of \$28,724/\$15,429/\$17,529 is \$150/\$84/\$91 with an APR of 1.49%/1.49%/0.9% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of \$8,070/\$4,307/\$4,683 plus applicable taxes due at end of the 60-month period. Retailer may sell for less. See dealer for full details. ^ΔLoan savings for 2013 Sorento LX AT FWD (SR75BD)/2013 Forte Sedan LX MT (F0540D) is \$1,500 and is available on purchase financing only on approved credit. Loan savings vary by model and are deducted from the selling price before taxes. Some conditions apply. ^ΔUp to \$4,000 cash savings on the cash purchase of select new 2013 Forte models from a participating dealer between April 2-30, 2013, is deducted from the selling price before taxes and cannot be combined with special lease and finance offers. Some conditions apply. ^ΔModel shown MSRP for 2013 Sorento 3.5L SX AWD 7-seater (SR75XD)/2013 Rio4 SX with Navigation (R0749D)/2013 Forte SX Luxury AT (F0740D) is \$45,045/\$23,450/\$27,150 and includes delivery and destination fees of \$1,650/\$1,455/\$1,455 and A/C charge (\$100, where applicable). Vehicles shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Other dealer charges may be required at the time of purchase. ^ΔHighway/city fuel consumption is based on the 2013 Sorento 2.4L GDI 4-cyl (A/T)/2013 Rio 1.6L GDI 4-cyl (M/T)/2013 Forte Sedan 2.0L MPI 4-cyl (A/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. ^ΔThe Bluetooth[®] wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.

Plan to attack passenger train derailed, RCMP say

Al-Qaida in Canada?
Details emerge on two Canadian residents charged in terror plot

Two Canadian residents were charged Monday for allegedly planning to attack a VIA Rail train in what the RCMP is calling the first known al-Qaida-directed plot in the country.

Chiheb Esseghaier, 30, of Montreal, and Raed Jaser, 35, of Toronto, were arrested Monday.

Police said the suspects had been watching railways in the Greater Toronto Area and were conspiring to derail a passenger train. They said the plot had "direction and guidance" from al-Qaida in Iran.

"While the RCMP believed the accused had the capacity and intent to carry out these criminal acts, there was no imminent threat to the general public," RCMP Assistant Commissioner James Malizia said at a news conference.

Police had Esseghaier and Jaser under surveillance since

August. They were put on investigators' radar thanks to tips from the Muslim community, said Supt. Doug Best.

About two dozen Muslim community leaders were told before Monday's news conference that one suspect is Tunisian and one is from the United Arab Emirates.

They have been in the country legally for a "considerable period of time" but are not Canadian citizens, the RCMP said.

A spokeswoman for the University of Sherbrooke told The Canadian Press that Esseghaier studied there in 2008 to 2009.

More recently, he has been doing doctoral research at the Institut national de la recherche scientifique, a spokeswoman at the training university confirmed.

A LinkedIn page says a man with Esseghaier's name and academic background helped author a number of biology research papers, including papers on HIV and cancer detection. The page carries a photo of a black flag inscribed with the Islamic declaration of faith.

THE CANADIAN PRESS



An RCMP officer shakes hands after a transfer of a terror suspect at Buttonville Airport. The two suspects are expected to appear in court for a bail hearing Tuesday in Toronto. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE VIA GETTY IMAGES

Bombing suspect's wife knew 'nothing': Lawyer

Her husband is dead, her brother-in-law in hospital with serious injuries. The spotlight has shifted to Katherine Russell, 24, widow of Tamerlan Tsarnaev. What did she know about her late husband's role in the Boston bombings?

Nothing, her lawyer Amato DeLuca told The Associated Press.

"When this was allegedly going on she was working and had been working all week to support her family," he said.

Russell was a home care worker and worked 70 to 80 hours a week, while Tsarnaev, 26, stayed home to look after their three-year-old daughter, he said.

Russell found out from the news that her husband was the focus of the largest manhunt in U.S. history.

DeLuca said federal authorities want to question Russell but were still deciding how.

In the meantime, the young widow's life is being picked apart — particularly her conversion to Islam.

Photographs of Russell outside her home in Cambridge show her in black hijab and black clothing.

An unidentified high school friend told the British Daily Mail tabloid that she was "an all-American girl who was brainwashed" by her husband.

The Daily Mail reported that Tsarnaev was once

charged with assaulting his wife.

"In the aftermath of the Patriots' Day horror, we know that we never really knew Tamerlan Tsarnaev," the Russell family said in a statement. "Our hearts are sickened by the knowledge, by the horror he has inflicted."

TORSTAR NEWS SERVICE



Mourners leave the funeral for Boston Marathon victim Krystle Campbell, 29, at St. Joseph's Church in Medford, Mass. ELISE AMENDOLA/THE ASSOCIATED PRESS

India. 2nd man arrested in rape of five-year-old girl

A second suspect was arrested Monday in the rape of a five-year-old girl who New Delhi police say was left for dead in a locked room, a case that has brought new protests against how authorities handle sex crimes.

Pradeep Kumar, a 19-year-old garment factory worker, was arrested Monday in the eastern state of Bihar, about 1,000 kilometres from New Delhi, and was being brought to the capital, police said.

Police said questioning of the first man arrested in the case, Manoj Kumar, led them to the second suspect. Manoj Kumar, 24, was arrested Saturday in Bihar and flown back to New Delhi. Kumar is a common last name in India, and the two men are not related. The men are accused of abducting, raping and attempting to murder the five-year-old, who went missing April 15 and was found two days later by neighbours who heard her crying in a locked room in the same building where she lives.

The girl was in critical condition when she was transferred



Pradeep Kumar, a 19-year-old garment factory worker, is taken away by police. THE ASSOCIATED PRESS

Thursday to the country's largest government-run hospital. Its medical superintendent said Monday that she has stabilized.

For the third day, sporadic protests erupted in at least three places in New Delhi, protesters shouting that police were slow in handling the case.

Delhi police Commissioner Neeraj Kumar admitted Monday that police had erred.

"The station house officer and his deputy have been suspended," Kumar told reporters.

THE ASSOCIATED PRESS

Afghanistan

Feds won't claw back danger pay

Prime Minister Stephen Harper says soldiers in Afghanistan won't have to repay extra danger pay they got through an administrative error.

"It's certainly not the fault of the soldiers," he said. "For that reason, (Defence Minister Peter MacKay) has made very clear they will not have to repay those amounts."

After an outcry two weeks ago, the Conservatives also backed away from a plan to reduce danger pay by almost a third for troops training Afghan soldiers in Kabul. THE CANADIAN PRESS

Online exploitation

Private pics got online? Don't lose hope: PM's wife

Laureen Harper says that when a young person's private photos go public, families need to know they can do something.

The prime minister's wife is promoting need-helponow.ca, which offers tips and resources for fighting online exploitation.

"The website is a way ... to teach children, no, your life isn't over," Harper said.

THE CANADIAN PRESS

Calgary

New campaign: Don't Be That Guy

"That guy" is the target of a campaign in Calgary aimed at raising awareness about sexual consent.

The posters are aimed at men, reading: "It's not sex when she's passed out" or "when she's wasted."

The "Don't Be That Guy" posters will be placed in transit trains, buses, bars and clubs.

Joe Campbell of Calgary Communities Against Sexual Abuse says the message is not meant to offend men. "Within male culture we have to stop viewing the issue of sexual violence as strictly a women's issue, because we all have a responsibility to work towards ending sexual violence."

THE CANADIAN PRESS



Bill Graveland/The Canadian Press

China shows off disaster-relief skills after quake

At least 188 people killed. Refugee camp set up for survivors with everything from phone-charging stations to ATMs

The tent village that sprang up in two days to house quake survivors in mountain-flanked Lushan is no ordinary refugee camp. China's full range of disaster response is on display: Trucks with x-ray equipment, phone-charging stations, bank tellers-on-wheels — even a tent for insurance claims.

The efforts underway Monday in mountainous Sichuan province after a

quake Saturday that killed at least 188 people showed that the government has continued to hone its disaster reaction — long considered a crucial leadership test in China — since a much more devastating earthquake in 2008, also in Sichuan, and another one in 2010 in the western region of Yushu.

"Lushan was so heavily hit and my family's house toppled. It has been such a disaster for us," said Yue Hejun, 28, as he waited to recharge his family's three mobile phones at a charging stall, volunteered by a communications company and co-ordinated by the government in a new addition to the arsenal of services after natural disasters.

THE ASSOCIATED PRESS

Hard lessons learned

The Yushu quake in 2010 killed more than 2,600 people.

- Much of the initial relief after the Yushu disaster came from Buddhist monks and other non-government volunteers, partly because of the remoteness of much of the affected areas.
- "After 24 hours or 48 hours in Yushu, things were not so orderly or settled in," said a doctor at the refugee camp. "The government's quick, organized response is very important."



On Monday people rest near tents set up in the aftermath of an earthquake that struck southwestern China's Sichuan province Saturday. THE ASSOCIATED PRESS



Protests. Rising tensions over student takeovers at Mexico's largest university

Teachers and students at Mexico's largest university are expressing frustration with the latest in a series of violent student takeovers of campus offices.

Several dozen professors and department heads published a full-page ad Monday demanding the protesters turn over the rector's office at the National Autonomous University, Latin America's largest university campus.

The landmark 1950s rectory building has exter-

A history of takeovers

1999

The National Autonomous University, Latin America's largest university campus, endured months-long student takeovers that shut down the entire campus in 1999.

ior murals by David Alfaro Siqueiros that do not appear to have been damaged.

Protesters from a univer-

sity-affiliated high school system broke windows and seized the offices Friday to demand the reinstatement of fellow protesters expelled for previous takeovers.

The masked students say they oppose increased security at satellite campuses and some curriculum changes, like English classes.

The university has endured months-long student takeovers that shut down the entire campus in 1999.

THE ASSOCIATED PRESS

Political manoeuvring

U.S. aims to get China to help with North Korea crisis

The United States will press China over its forcible repatriation of refugees to North Korea, a U.S. human rights envoy said Monday. He likened the North's vast gulag to that operated by the Soviet Union in the 1930s.

The Obama administration is looking for Beijing to use its leverage over its North Korean ally to tamp down its

provocative behaviour and move toward abandoning nuclear weapons.

The prime focus of Washington's policy is on tackling the emerging threat to the U.S. and its allies posed by North Korea's missile and nuclear programs. But King said human rights were also important for U.S. policy.

He described conditions in North Korea as deplorable, and took particular aim at the prison camp system which he said is estimated to hold between 130,000 and 200,000 people

THE ASSOCIATED PRESS

Religious grounds used

Egypt suspends prosecutor for citing Qur'an

An Egyptian prosecutor who cited the Qur'an as he ordered police to flog a man with 80 lashes for public drunkenness has been suspended and put under investigation, the prosecutor-general's office said. Egypt's top prosecutor ordered the decision cancelled and a judicial inquiry launched.

THE ASSOCIATED PRESS

Just for Laughs app is 'cheat sheet' for 30th anniversary

Social TV. While you watch the show, look up historical references on your cellphone

Just For Laughs wants to make sure everyone is in on the joke when its 30th anniversary special hits the airwaves.

People tuning in to Just For Laughs 30th Anniversary: 30/30 Hindsight can download a special app loaded with fun facts so people aren't left scratching their head when the funny folk start mocking such things as cellphones the size of a brick.

"We've created basically a cheat sheet for viewers," says Bruce Hills, the comedy festival's chief operating officer. The show will be broadcast on CBC-TV on Tuesday.

The festival's not judging — the Internet page where the app can be found just notes that some people may be too young to get the joke right away or

Quoted

"If someone's in their teens and they hear a bit about Dan Quayle, they can go to the mobile app and find out who Dan Quayle is."

Bruce Hills, chief operating officer, Just for Laughs

were possibly a little too pre-occupied with other things, like sleeping through history class, to get the reference.

"If someone's in their teens and they hear a bit about Dan Quayle, they can go to the mobile app and find out who Dan Quayle is," Hills said in an interview. (Quayle was George H.W. Bush's vice-president, by the way.) "You hit it, you can find out who (Ronald) Reagan is, you can find out what a Walkman was or whatever we're referring to. It's done with a sense of humour." **THE CANADIAN PRESS**



Ralph Lauren Corp. settles bribery allegations for \$1.6M

Designer Ralph Lauren acknowledges applause after his Fall 2013 collection was modelled Feb. 14 during Fashion Week in New York City. On Monday, federal authorities said Ralph Lauren Corp. settled allegations by the U.S. Justice Department and Securities and Exchange Commission that bribes were paid to Argentine import officials. The New York-based apparel company agreed to give up more than \$700,000 US of illicit profits and pay an \$882,000 US penalty. The firm promptly reported the violations from 2005 to 2009 after discovering them in 2010, terminated culpable employees and a third-party agent, and shut down its offices and stores in Argentina, officials said.

THE ASSOCIATED PRESS FILE

Germany

Google fined for illegally recording Wi-Fi information

A German data protection agency fined Google Inc. about \$189,200 for illegally recording information from unsecured wireless networks — an amount it acknowledged is "totally inadequate" as a deterrent to the multinational

giant. Hamburg's state data protection agency said that Google admitted collecting data including emails, passwords, photos and chat protocols from 2008-2010 as it prepared to launch its Street View service. Google says it never intended to store personal data and the agency says it has been deleted. The head of the agency urged dramatic increases to maximum fines under future EU regulations.

THE ASSOCIATED PRESS

Market Minute



DOLLAR
97.46¢
(+0.02¢)

↑ TSX
12,090.68 (+25.13)

↑ OIL
\$88.76 US (+75¢)

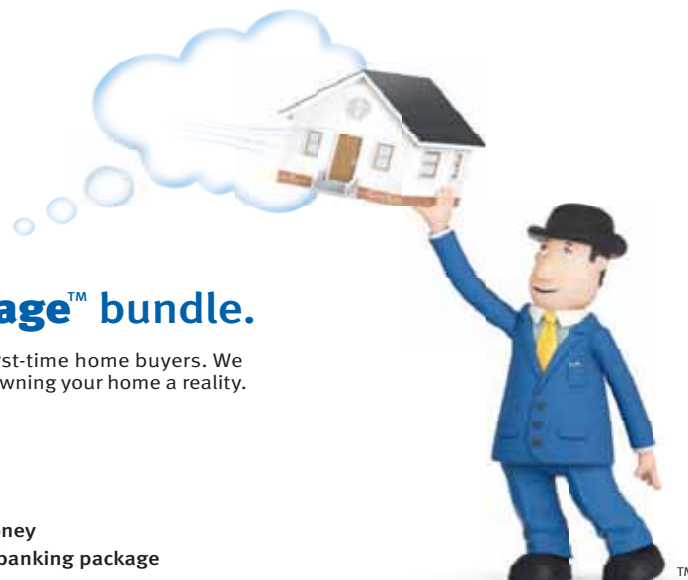
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NEPTUNE THEATRE SUPPORTS CLOSE TO 200 LOCAL BUSINESSES

Arts and culture plays an important role in our community in many ways and Neptune Theatre is a critical part of that.

The question of why people should invest in arts and culture is raised regularly in our society.

For Amy Melmock, the general manager at Neptune Theatre, there are many reasons to invest in the arts – and not just for the warm-happy feelings it might trigger.

“Part of the benefit is an intrinsic benefit,” says Melmock. “It’s a social benefit that you really are making people feel a part of the community.”

By sponsoring Neptune, it helps the theatre put fantastic shows on, which means that people from the community can attend shows and feel a closer connection to the city.

Neptune also helps attract creative types

(such as actors and production people) to live and work in Halifax. Without Neptune here, they would likely have to pursue theatre careers away from Nova Scotia.

There’s also an economic benefit to investing in Neptune that goes far beyond the theatre.

In 2010, the Saint Mary’s University

Business Development Centre wrote a report examining what Neptune’s economic impact on the community was.

Some of the key findings were that on an annual basis, Neptune generates \$9.2 million of economic activity, half of which is patron spending in the local economy. As well, approximately \$1.2 million of patron spending

was deemed to be new spending “that would have either not occurred, or would have been delayed had these customers not attended a Neptune performance.”

“When people invest in Neptune, they’re making an investment in a much larger thing,” says Melmock.

As a non-profit organization, the money that ultimately comes into Neptune is then invested back in the community. Melmock says there are 200 local businesses from which Neptune gets goods and services, such as lumber, fabric and paint.

In fact, Neptune is in such constant need of getting supplies that it has an employee whose job is to drive around Halifax and pick things up.

“We actually need somebody full-time to be in charge of that,” says Melmock with a laugh.



By sponsoring Neptune, it helps people from the community see shows and feel more engaged. The Pay What You Can night is a great example of this.

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Over 90,000 people attend Neptune Theatre's shows every year.

SUBMITTED PHOTO

NEPTUNE SPONSORSHIP IS AN INVESTMENT IN THE COMMUNITY

In some instances, the words sponsorship brings to mind thoughts of giving, but not receiving anything in return. For those businesses that sponsor Neptune Theatre, that certainly isn't the case.

"We're providing a very powerful marketing opportunity for sponsors, so when you're making that investment, you're getting a return," says Jennie King, Neptune's director of sales and marketing.

The non-profit organization offers a range of custom sponsorship opportunities to meet a client's philanthropic and marketing objectives.

King describes Neptune as being like a

turn-key marketing agency, in that it has the expertise to do things such as copywriting, design work and media buying.

"It gives us a lot of freedom and flexibility to tailor something specific to a company and what their objectives are," she says.

From a philanthropic standpoint, Neptune is very important to the community, especially the downtown because it acts as an anchor to attract people to spend time in the downtown.

On the marketing side, sponsors definitely see a return on their investment. With over 90,000 people passing through Neptune's doors every year (25,000 of that being dur-

ing the Christmas holidays), that's a large body of people that are reached.

As well, Neptune's subscribers are an ideal target market for businesses as they tend to be highly educated with an above-average disposable income.

"Those facts are definitely appealing to a lot of people who end up sponsoring Neptune," says King.

Besides exposure, some of the other benefits of sponsorship may include complimentary tickets, employee ticket discounts and on-site hosting opportunities.

When sponsoring Neptune, the money can

be used in a variety of areas, such as the actual show that is being presented on stage or Neptune's Young Company Tour (YCT). YCT visits small communities throughout the Maritimes and performs to students directly at their schools.

The bottom line is the money used from sponsorship is put into the programming and not the day-to-day operations at Neptune.

With its 50-plus years of existence, Neptune has longevity and sponsors can take comfort in the stability it provides, in addition to the return on investment they will receive.



Scotiabank is proud to support Neptune's 50th anniversary. We know that investing in the arts means a richer community. Enjoy another outstanding season.

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PLAY A ROLE AT Neptune THEATRE

METRO CUSTOM PUBLISHING NEPTUNE'S PARTNERS PLAY A STARRING ROLE

NEPTUNE SPONSORS SHARE THEIR STORIES

Businesses have different reasons for supporting Neptune Theatre.

For Scotiabank, there are multiple reasons why it sponsors Neptune.

"We believe arts and culture play an important role in enriching the communities where we live and work," says Islay McGlynn, the senior vice president of retail and small business banking for the

Atlantic region. "It enriches our lives by feeding the imagination."

McGlynn says Neptune is a very professional organization and Scotiabank is delighted to support Neptune with its proven success over the past 50 years.

"We look forward to their next 50!" says McGlynn.

Supporting Neptune does not necessarily involve a financial donation, as in-kind donations are another possibility. Premiere Executive Suites Atlantic is an example of this. It provides fully-furnished condominiums to the actors and personnel who come from away to work at Neptune.

Christine Bishop, Premiere's vice president of sales and corporate relations, says it was drawn to working with

Neptune because both parties are people and relationship-driven organizations and that begins with how they value their own employee base.

Premiere also appreciates the exposure it gets from working with Neptune.

"The partnership is such a two-way street," says Bishop.



Investing in Neptune 'enriches our lives by feeding the imagination,' says one corporate sponsor.



Legally Blonde – The Musical is a popular show with audiences.

SUBMITTED PHOTO

Neptune THEATRE
GEORGE POTHITOS artistic director

The Berkeley
PREMIERE
EXPERIENCE

Deloitte
RBC
RBC Emerging Artists
Project

Esso
Imperial Oil
Foundation

ExxonMobil
Scotiabank

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WagJag

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Neptune Theatre would like to thank the Sponsors, Partners and Donors who supported our 2012/13 season. Their support is integral to our ability to inspire audiences with great stories.

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Neptune Theatre gratefully acknowledges the individuals and corporations who have donated \$1,000 or more to the Neptune Theatre Foundation over the past year.

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NATIONAL FARE? STICK A FORK IN ME

Earlier this month, the Canadian government launched a three-week food-truck initiative in Mexico City (using taxpayer money, of course) to help promote Canadian cuisine abroad. The rationale behind the truck — which sells “poutine a la Mexicana,” among other dishes — is to increase international awareness about our national culinary offerings. According to a spokesperson for Agriculture Canada, only about a third of Mexicans were able to identify a food product that was typically Canadian. Evidently, it's time to ramp up our PR efforts if we want to make Canadian fare world-famous.

From B.C. Pacific salmon to Alberta beef to Quebec tourtière to P.E.I. potatoes, Canada's culinary identity is all over the map. Literally. There's so much more to us than maple syrup, but our regional gastronomical specialties are as disparate as our geography, and this makes it challenging to define a quintessentially Canadian food.



SHE SAYS

Jessica Napier

metronews.ca

Does Canada's favourite sandwich feature peameal bacon or stacks of Montreal smoked meat? Do we prefer to satisfy our sweet tooth with Nanaimo bars, tarte au sucre or Beaver Tails? I bet we couldn't even agree on a national alcoholic beverage: Perhaps it's a three-way tie between Molson Canadian, Newfoundland Screech and the hangover-curing Caesar.

We're a country of such varying tastes and regional delicacies that it's not too surprising to learn that foreigners have trouble identifying a national dish of the Great White North.

Sometimes the best way to figure out what it is you love about your home and native land is to leave.

In London, England, where the Canadian immigrant population is significant and ravenous, tastes of home are sold at a premium. Boxes of Kraft Dinner and Tim Hortons coffee canisters line the shelves at the aptly named Canada Shop in Covent Garden, where homesick Canucks will

happily join a month-long waiting list for a bag of ketchup chips.

Across the city, Canadian expats Amy Baker and Anya Nikoulina recently set up a patriotic poutine cart in Broadway Market and are doing their part to promote the artery-clogging late-night meal across the pond.

“Everyone that approaches the stall has some kind of story about the dish,” says Baker. “They're either a Canadian living abroad, married to a Canadian or had lived in Canada at some point in their life and tried it ... even the apprehensive British customers have gotten on board with the savoury snack.”

Poutine might be making a name for itself beyond our borders, but there's no way one dish could define the entire Canadian culinary scene. In a country as vast and diverse as Canada, local agricultural differences and cultural traditions have made our cuisine confusing but also unique.

It's these regional differences that make our food interesting and delicious.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

It's a horse, of course



NASA/ESA/HUBBLE HERITAGE TEAM

Hubble reveals new Horsehead Nebula

Astronomers have used NASA's Hubble telescope to capture new infrared images of the Horsehead Nebula. The photos mark the 23rd anniversary of the observatory's launch on April 24, 1990. Looking like a horse rising from space foam, the iconic nebula has wowed stargazers ever since its discovery more than 100 years ago. **METRO**



Previous images have been more horse-like but not as detailed.
CPHT/HAWAIIAN STARLIGHT

Horsehead's details exposed by infrared

The rich tapestry of the nebula pops out against the backdrop of Milky Way stars and distant galaxies that are easily seen in infrared light.

The backlit wisps along the nebula's upper ridge are being illuminated by Sigma Orionis, a young five-star system just off the top of the Hubble image. Along the nebula's top ridge, two fledgling stars peek out from their now-exposed nurseries. **METRO**

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

Voting for 'the Internet's highest honour' closes this week, so if you don't want to see 'cat-friend vs. dog-friend' or 'grand-mas watch Kardashian sex tape' rule the Internet, get voting. Go to webbyawards.com. Some entries not to miss:

Fresh Prince translated:

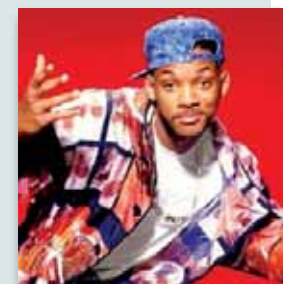
“Cold, apricot, relaxing all cool, shoot some b-ball outside the school...” Sound familiar? It should. Kind of — at least for children of the '90s. CDZA, the music video collective who brought us *The History of Lyrics That Aren't Lyrics*, translates the lyrics of the mind-numbingly catchy *Fresh Prince of Bel-Air* intro 64 times in Google Translate, and then translates it back into English. @cdzmusic

Stanley's invisible piano: Sure, cats playing pianos with their

paws are old hat by now (and Tom Hanks playing with his feet is definitely old hat), but what about a piano that plays itself? Tweet any (well not any, his repertoire at this point is mostly indie) songs to @stanleypiano to hear the invisible piano man play your heart jam.

Kids react to the world:

The tiny humans may not be so different than us after all. These attention-seeking, question-asking kids also don't understand war, don't like potholes and think talking dogs are completely absurd. @thefinebros



Comments

RE: Tributes Pour In After Death Of Rita MacNeil, published April 17

Prayers for Ms. MacNeil and her family. The Mi'kmaq Community sends their spirit of love, courage and peace to her family. She will be greatly missed. Our condolences...<3

Marilyn Francis posted to metronews.ca

I was so heartbroken when I heard of her passing! Last night I watched two full hours of two specials and I

sat there and did not wipe away the tears, but God has another beautiful voice.

Natalie posted to metronews.ca

I loved that in the print version they labelled the above tweets as 'prolific... Joel Plaskett, Classified, and the guy with the googly glasses from that white trash cable show. Yes how prolific and riveting. Thanks Classified, now she's really been honoured. Maybe next Bieber can try to claim her as a believer. You can't make this stuff up.

An anonymous reader posted on metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: halifaxletters@metronews.ca



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DVD reviews



Gangster Squad

Director. Ruben Fleischer

Stars. Josh Brolin, Ryan Gosling, Giovanni Ribisi, Michael Peña, Sean Penn and Emma Stone

★★★★

Josh Brolin and his fellow Gangster Squad antiheroes have their work cut out for them fighting Mickey Cohen, the 1940s mobster psychopath Sean Penn plays with visceral glee. But Brolin's Sgt. John O'Mara and his fellow LAPD hard nuts — played by Ryan Gosling, Giovanni Ribisi, Anthony Mackie, Michael Peña and Robert Patrick — are after the wrong villain(s). Better they should be looking for the heinous computer boffins who turned this from film noir homage into a lurid cartoon, something that seeks the drama of The Untouchables and L.A. Confidential but instead apes the empty theatrics of Dick Tracy. **PETER HOWELL**



Chicago rock outfit Fall Out Boy Pete Wentz, left, Joe Trohman, Patrick Stump and Andy Hurley in New York. PHOTO BY DAN HALLMAN/INVISION/AP

Oh Boy! Elton John helps Save Rock and Roll

Fall Out Boy's latest release. English legend joins Chicago rockers on new album along with some other famous faces

When Fall Out Boy learned that Elton John was a fan of their music, they jokingly thought he might want to record with them. As it turned out, he did.

"We were nearly done with the album," lead singer Patrick Stump said in a recent interview. "I think we were mixing at that point, but he said, 'Yes' and we were like, 'Oh, wow. OK, yes.'"

The Chicago-based rockers halted the mixing process of their fifth album — their first in five years — and Stump flew to Atlanta to record with the veteran rocker.

John is featured on the title track of Save Rock and Roll,

released last week. Band members say the title of the album is "tongue-in-cheek," but they're also serious about their choice of words.

"It hits on ... 'Why are we the only ones that are saying this?'" said frontman and bassist Pete Wentz. "But at the same time, it's kind of a joke. But if it means something to you, then it's not really that much of a joke."

Stump said John's inclusion on the title track really drives home their point. "He actually spoke up for the album's title. He came in and was like, 'Love the album title. Love where this is going. This is great,'" Stump said. "And that was really special for us to have him support us like that."

Just before the John-featured tune plays on the 11-track set, there's the song "Rat a Tat," featuring Courtney Love.

"We've had a couple different run-ins just over the years, you know, just ones where you're like, 'I had 17 drinks last

night and I ran into Courtney Love,'" Wentz recalled with a laugh.

"It's important for girls to understand that they don't need to just be coat hangers for boys, it's not all about being groupies," he said. "So we thought it would be important to have an iconic female voice on the album, and Courtney screams rock 'n' roll."

Fall Out Boy released their debut album in 2003. They are known for their alternative punk rock sound and Top 10 pop hits including This Ain't a Scene, It's an Arms Race, Dance, Dance and Sugar, We're Goin Down. The album's first single, My Songs Know What You Did in the Dark (Light Em Up), is a Top 40 hit that was remixed by 2 Chainz, who stars in the song's music video.

"We're big, big 2 Chainz fans," Wentz said of the ubiquitous rapper. Added guitarist Joe Trohman: "He works hard." 2 Chainz and rapper Big Sean's appearances balance the rock

heavyweights on Save Rock and Roll, which the band will promote on a U.S. tour that kicks off May 14 in Milwaukee. (They'll also hit the road internationally this summer and will return to the U.S. for a fall tour.)

A year after releasing 2008's Folie à Deux, the foursome, which includes drummer Andy Hurley, took a break from recording together. There was speculation the group had split up. "No, we never broke up," Trohman said. Wentz quickly jumped in, saying: "No, but I think that it's like, I don't know. ... When we were taking time off and it was like ... we could be back in 20 years or maybe we won't ever come back. I think that was the great thing about how we took time off and it kind of allowed it to be healthier that it didn't put a return date on it."

"It wasn't like we were a library book being checked out," Wentz added.

THE ASSOCIATED PRESS



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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Lacking the X-Factor – Host Kardashian gets the boot



THE WORD
Dorothy Robinson
scene@metronews.ca

A watchable reality TV star does not a good host make.

Khloe Kardashian has been booted off Fox's *The X Factor*, while her co-host Mario Lopez will remain for the third season.

"Khloe Kardashian will not be returning to co-host *The X Factor*," the show's producers said in a statement. "We really enjoyed working with her and wish her all the best in her future endeavors." (Translation: One, big, long fart noise.)

Lopez will join returning judges Simon Cowell and Demi Lovato, with at least one more judge yet to be announced. "I'm thrilled Mario is back for season three of *The X Factor*," said Cowell in a statement.

Mario Lopez, you sly, well-oiled, muscular fox. Who would have thought the dude who made sitting backwards in a chair popular would be the most successful graduate of *Saved By The Bell*?



Reese Witherspoon. ALL IMAGES GETTY

Witherspoon embarrassed after recent run in with law

With the mugshot (above) from her arrest in Atlanta for disorderly conduct making the rounds, Reese Witherspoon is speaking out about the headline-making incident.

"I do want to say I clearly had one drink too many and I am deeply embarrassed about the things I said. I was frightened for my husband, but that is no excuse. I was

disrespectful to the officer who was just doing his job. I have nothing but respect for the police and I'm very sorry for my behaviour."

Witherspoon reportedly got into an argument with an officer after husband Jim Toth was pulled over on suspicion of driving while intoxicated. Both were arrested and briefly jailed.



Justin Bieber

Are Bieber and Gomez are back on?

Justin Bieber seems to want to say something about the state of his relationship with ex-girlfriend Selena Gomez. After Gomez met up with him in Norway this weekend, Bieber posted a cosy photo of the pair on Instagram — then promptly deleted it. In the short-lived snap, Gomez is seen nuzzling up to a sleepy-eyed Bieber. Sources say that after rendezvousing in Oslo, Gomez tagged along with Bieber to Copenhagen for his next tour stop.



Twitter



@otiviawilde

The only thing I resent twitter for is ruining the word "twitterpated" which *was* a solid go-to in my daily dialogue.



@SarahKSilverman

Dear House of Representatives, Who exactly are you representing?



@jason_mrza

Just invited friends over for dinner but forgot to add, "Friday." Apologies to those who came over to a dark house.

Runner Domestic Short Hair

At 2 years old, Runner's portrait accurately captures his inviting, friendly, interactive - yet laid-back nature. His warbling purr sounds like he's asking questions; everything he says has an inquisitive, rising inflection that's so endearing in conversationally-gifted felines. He conveys delight with visitors by rolling over on his side and kneading the air. When you see what a gentle, big-hearted lug he is, you'll be challenged to leave him behind. If you would like to meet Runner, please come by Petcetera Dartmouth Crossing. He is waiting to become your new lifelong best friend.



For more information on Tink and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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Are you a sugar addict?

Quiz. Dr. Joel Fuhrman, best selling author of *The End of Diabetes*, puts you to the test and helps you figure out if you're running on a sugar high

ROMINA MCGUINNNESS
life@metronews.ca

Do you shake, sob or shout if you run out of peanut butter M&Ms and the shops are shut for the day? According to nutritional researcher Dr. Joel Fuhrman, sugar addiction is just as serious as being hooked on cocaine.

"Low-nutrient foods rich in sugar, oils, white flour and salt have similar biochemical effects in the brain as addictive drugs," he tells Metro. "Because they tend to be especially palatable, these foods activate reward pathways in the brain and produce toxic withdrawal symptoms often misinterpreted as hunger, driving us to eat even more."

But unlike drugs, sugar is legal and inexpensive, he warns.

1. Breakfast is:

- A** Fruits, nuts, vegetables or a whole grain product.
- B** Unsweetened cereal with soy or almond milk.
- C** Conventional, sweetened cereal with cow's milk.
- D** A donut and a cup of coffee with sugar.

2. Throughout the day you drink:

- A** Water or herbal tea
- B** Coffee or tea, plain with no sweetener.
- C** Diet soda
- D** Sugary soda, coffee or tea

3. Mid-afternoon, you feel:

- A** Energetic, as always.
- B** A little sluggish ... but you can still function productively.
- C** Slow. You reach for a cup of coffee or a diet soda in order to make it to the end of the day.
- D** Burned-out. You can't focus until you've had a chocolate



bar and a can of full fat coke.

4. You're eating a sugary dessert ... you feel:

- A** It's just not worth eating such junk.
- B** Enjoyment.
- C** A little happier.
- D** Euphoric. The moment it passes your lips, all your problems seem to dissolve.

5. Fresh fruit is:

- A** Wonderfully sweet and delicious. You eat your five-a-day.
- B** Tasty. You have at least one piece of fruit every day
- C** OK, but you'd rather have apple pie than an apple.
- D** Completely unappealing. You're more into cupcakes.

6. After one last bite of your favourite chocolate fudge brownie ... You:

- A** I do not eat sugary foods.
- B** Feel satisfied But then you move on with your day.
- C** Are tempted to eat more, but force yourself to stop.
- D** Completely lose control and whoops, there goes the whole tray. Now you feel super guilty.

7. Whoa sugar craving. How do you cope?

- A** This rarely happens, but when it does, you get on with your day, knowing that it will pass.
- B** Remind yourself that the food is not bringing you closer to your goal of excellent health, and eat a piece of fruit instead.

Results

0-12 points. You're a health-conscious abstainer. You're aware of the dangers and addictive nature of sugar, so you don't include it in your diet. Instead, you choose to curb your cravings with things like fresh fruit.

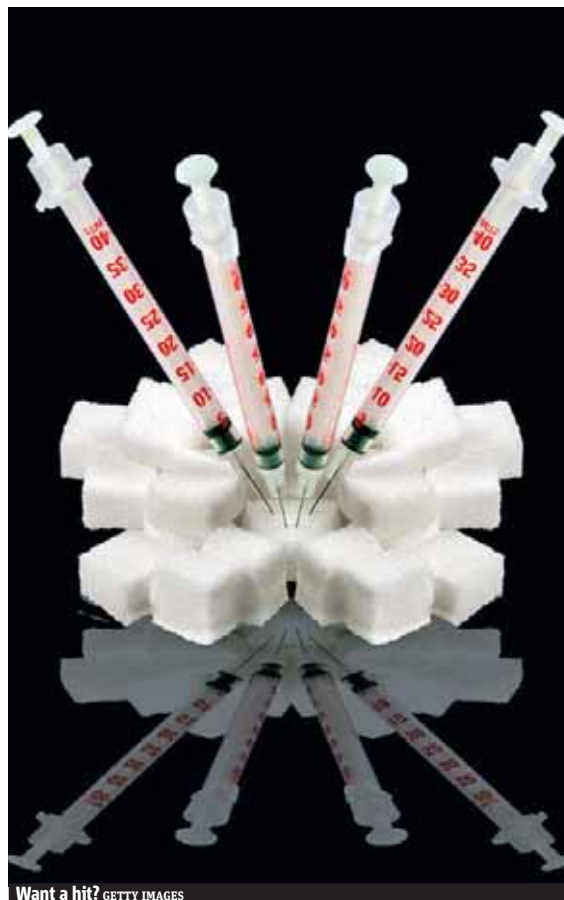
13-27 points. There's some room for improvement in the nutrient density of your diet, but you do limit your sugar intake. Because you try and avoid eating

too sweet, you don't often experience the addictive drives associated with these foods.

28-43 points. You're not dangerously addicted yet, but probably on your way. You're accustomed to excessively sweet tastes and frequently feel the drive to over consume sugar-laden foods. You rely heavily on your willpower to limit your portions. But even a little bit of sugar

can cause your brain to demand more, and addictive drives usually overcome willpower.

44-55 points. Sorry, but you're addicted and you're probably aware that your need for sugar is harming your health. But you feel helpless and so far, have been unable to break the habit. Bad habits can be broken and your health will be restored.



Want a hit? GETTY IMAGES



- C** Find another sugary alternative in the house to quell the craving.
- D** Go out and buy whatever it is you're craving, because you can't think about anything else.

8. It's been a long, hard day ... so you:

- A** Get some exercise and try to relax.
- B** Space out in front of the TV, with a stiff drink.
- C** Allow yourself one slice of cake, or one piece of candy.
- D** Binge out on ice cream

The tip

How to overcome your addiction to sugar

"However daunting this task may seem, the only way to break an addiction is to abstain," says Dr. Fuhrman. "You, not your cravings, are in charge of your health. When you stop exposing yourself to junk food, you may initially feel sick as the body attempts to repair the damage done by your previous diet. So yes, you may feel worse before you feel better. But over time the desire will fade away."

ROMINA MCGUINNNESS/MWN



and candy.

9. If you go without sugar for a few days, you feel:

- A** No different. You rarely eat sugar.
- B** Brighter and more energetic.
- C** Tired and your head hurts.
- D** Weak and anxious. You also suffer from significant headaches and fatigue.

10. The idea of giving up sugar sounds:

- A** Easy, since you almost never eat it anyway.
- B** Like a healthy thing to do. But you want to have sugary foods occasionally.
- C** Good, but you don't think it's possible.
- D** Scary. Sugary foods are your comfort during times of emotional distress.

11. The feelings you perceive as hunger are:

- A** A drawing sensation in the throat, but it's not very uncomfortable.
- B** A grumbling stomach.
- C** Light-headedness and headaches.
- D** Headaches accompanied with anxiety, and the inability to concentrate.

Add up your score:
0 points for each "a"
2 points for each "b"
3 points for each "c"
5 points for each "d"

Smoothness is a science with this Modernist Potato Purée

As with most modernist recipes, accuracy is key. We've provided volume equivalents of most ingredients, but for best results use a digital scale and weigh things out. Diastatic malt powder is the secret

to making these dairy-free puréed potatoes smooth and creamy. It is widely available online, as well as at brewing supply shops.

1. Fill a large pot halfway with hot tap water. Set the pot over very low heat. Maintain the water temperature at 125 F. To hold this temperature, you may need to turn the heat on and off occasionally.

2. Meanwhile, peel the potatoes and cut them into 1-inch cubes. Measure about 7 1/3 cups of the potato cubes. Reserve any excess for another use.

3. Place the potatoes in a second large pot with 2 litres (about 2 quarts) of water. Add the salt and sugar, then bring to a boil. Reduce the heat to maintain a simmer and cook until the potatoes are very tender, 30 to 40 minutes.

4. Drain the potatoes, then transfer them to a food processor. Add the malt powder, then process until smooth and sticky. Transfer to a large zip-close plastic bag, pressing out as much air as possible before closing. Place the bag of potatoes in the pot of 125 F water and cook in this manner for 30 minutes.

5. Empty the potatoes from the bag into a clean pot, then heat gently to at least 167 F. Season with salt and serve immediately.

THE ASSOCIATED PRESS

Ingredients

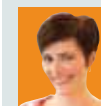
- 2 1/2 lbs Yukon gold potatoes
- 2 tbsp salt, plus additional for seasoning
- 1 1/3 tbsp sugar
- 1 tbsp diastatic malt powder



This recipe makes 4 cups of puréed potatoes and takes two hours from start to finish. THE ASSOCIATED PRESS

Health Solutions

There's no 'P' in asparagus?



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Let's just get that asparagus pee myth off the table. Ewww. It was once thought that the strong, ubiquitous urine scent was only produced by some. In fact, it is produced by all of us but about 22 per cent can't detect the smell. The only way to test is to let someone else come into the loo if you can't smell it. Now that's spring fun — nutritionist style! Asparagus

is a fast growing shoot that delivers Vitamin K, Vitamin A and folate.

The typical way of cooking asparagus is to snap off the woody ends and poach for a few minutes, pulling them out before they become grey or mushy. But here are a few more ideas:

- Roast on a pan in the oven at 425 F for 15 minutes, sprinkle with sea salt

- Chop and add to soups for the last 5 minutes

- Chop and steam, sauté in chicken broth for 5 minutes covered

- Wrap in prosciutto and bake at 350 for 15 minutes

- Poached, cooled and served with a curry yogurt dip

Theresa Albert is a Food Communications Specialist and Private Nutritionist in Toronto. She is @THERESAALBERT on Twitter and found daily at MYFRIENDINFOOD.COM



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Trying to impress someone special with a tony dinner but need an etiquette polish first? Metro's very own Charles the Butler — Charles MacPherson — is out with a new book, *The Butler Speaks*, offering a return to proper manners, stylish entertaining and good housekeeping. Here is his refresher on how to properly set a table.

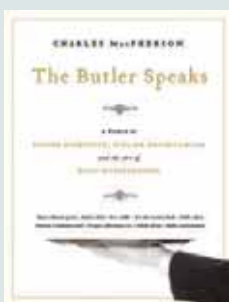
Setting the standard in etiquette



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

The Butler Speaks

This excerpt from *The Butler Speaks* is courtesy of *Appetite* by Random House, randomhouse.ca. It is available in bookstores nationwide starting today.



On the web

Think you are as entertaining and manners-savvy as Charles the Butler? Visit metronews.ca to take our quiz.



Below, I include four different styles of place setting. Each is subtly different from the next. Interestingly, most cultures eat using utensils, and most also begin with utensils on the outside of a place setting, working inward towards the plate.

The American place setting

In this setting, the glasses form a diamond shape above the cutlery, with the first glass placed directly above the main course knife (inside, right). The dessert spoon and the fork are at the top of the plate, and above them is the place card. Guests use the cutlery from the outside moving in. This place setting starts with a soup course (spoon, outside right), moves on to a salad (fork, outside left), a fish course (middle fork and knife) and a meat course (inside fork and knife).



The European place setting

In this setting, the glasses are placed on a diagonal on the right of the plate. Individual salt and pepper shakers are placed above the plate. The spoon (outside, right) is for the first course, soup. The next fork and knife are for the second course (fish), and the final inside set is for the main meat course. The fork closest to the plate is for salad, which in this meal will be served last. Cutlery for dessert will be offered later. Sometimes it is placed closest to the plate, though not in this drawing.



The Chinese place setting

In China, there is no standard for formal place settings at tables as is common practice in the Western world. In fact, the focus is on the food rather than the place setting. The diagram shows a typical place setting, but it can easily be changed to suit your needs without making any errors of etiquette.



The French place setting

Traditionally, the French place setting in a residence does not include a bread and butter plate, or a knife for the salad course. And although the cutlery is laid out the same way as in American and British settings, the forks and spoons are turned over. The reason? French family monograms are engraved on the back of the cutlery, so it's placed face down to show that it's real silver.



No job? You're not the only one



YOUR MONEY
Alison Griffiths
money@metronews.ca

I'm not an employment expert but I'm becoming one, especially for young workers. As my daughter attempts to find full-time work after graduating with a two-year culinary degree from George Brown College in Toronto, I am seeing first hand the difficulty of getting that first foot in the door.

This is the time of year when young people are transitioning from school and

according to the Certified General Accountants (CGA) of Canada this is one of the toughest times in our working lives.

On the plus side, a recent CGA report, based on 2011 data, discovered that close to half found work within four weeks and the average length of time that youth (under age 24) were unemployed was 11 weeks. Surprisingly, that figure is actually below the length of time experienced by young workers 25 to 29.

Also, young workers are twice as likely to suffer from long-term unemployment of a year or more.

These figures could be explained by the fact that the youngest job hunters have less post-secondary education and are in the lower paying jobs in the retail and service sector.

Many are blaming the boomers (and I'm one of them) for crowding out all those youngsters. The post-war generation is supposedly working longer or going back to work and keeping youth from getting in the door.

But according to the CGA report it isn't so. There are only two areas where younger and older workers are competing — sales and service and

clerical occupations.

Clearly, if you are young and hoping to find a less crowded field, areas such as health services, applied sciences and computer and information systems may offer the highest chance of success.

While the CGA report shows a rosier picture for young workers and pokes at a few myths about old farts keeping the millennial generation from jobs, there are still concerns. One in particular is the high rate of under-employment for those young workers with university or equivalent degrees.

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Playoff losses

Desjardins' fond memories of Halifax take a hit

It wasn't the type of homecoming Gabriel Desjardins was hoping for.

The former Halifax Moosehead and current Rouyn-Noranda Huskies captain left the province's capital empty-handed with his squad down 2-0 in their semifinal series against the Herd.

"It was a hard one, it hurt a lot," said Desjardins, who picked up three assists in the Mooseheads come-from-behind overtime victory. "We showed a lot of character, it was a really close game. We just didn't get it done."

Going home he knows the Huskies have their work cut out for them.

But even after Sunday's painful loss, he said it was good to be back where he spent three and a half years developing into the player he is today.

"I remember scoring my first goal, as a 16-year-old here — that was very special for me — and my first hat trick, against Gatineau — that was a great game and a great win for us."

Beyond his on-ice accomplishments, he remains grateful for his billet family, the MacEacherns.

"Lorraine (MacEachern), she was like a mom to me, she did everything for me."

She was a big part of my development."

"It was funny coming back here, I played three and a half years here, the fans were really great to me, but at the same time I have a job to do. I have a responsibility to my teammates."

ANDREW RANKIN/METRO



Rouyn-Noranda Huskies captain Gabriel Desjardins.
ROUYN-NORANDA HUSKIES



Halifax Mooseheads' forward Nathan MacKinnon tries the wrap-around play on Rouyn-Noranda goaltender Alexandre Belanger. JEFF HARPER/METRO

Top Mooseheads make their points

QMJHL. Drouin and MacKinnon showing grace under pressure



ANDREW RANKIN

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Nathan MacKinnon lives for those big-time moments when the game is on the line.

Like in Game 2 of the Halifax Mooseheads' semifinal playoff series against the Rouyn-Noranda Huskies on Sunday.

The 17-year-old Cole Harbour native scored 2:58 into the third to spark the Mooseheads' impressive 5-4 comeback victory. Then he and line-

Words from The Herd

"Everything just seems to be going for us right now."

Halifax Mooseheads forward Nathan MacKinnon

mate Jonathan Drouin assisted on Martin Frk's overtime winner.

"The way me and Jo look at things is a lot of guys can get points in blowouts but we really want to step up when it matters," said MacKinnon after picking up a hat trick in the Mooseheads' hard fought 6-4 victory in Game 1.

The pair has done exactly that, collecting 17 points in just two games. Now, Drouin and MacKinnon sit second and third in QMJHL playoff scoring

with 24 and 23 points respectively. So far, so good.

Part of it has to do with good chemistry; the other part of it, MacKinnon says, has to do with him feeling rejuvenated after a nine-day rest following the second round.

"I feel great. This is our second long layover of the playoffs. This one was good for everyone. We had the right amount of rest and practice to get our form. We really prepared ourselves the best we could."

Drouin insists that he hasn't altered his game in the third round; it's just that the circumstances have changed.

"I don't think I stepped up my game that much," said Drouin. "I'm playing the same way I played against Gatineau and Saint John — they're tighter games, but now it's more open here in this series."

But both are well aware that the Huskies possess a wealth of talent, including Sven Andrighetto, who leads the league in playoff scoring, and are capable of turning the tables on the Mooseheads in their own barn for Games 3 and 4.

"We just have to be prepared to play our game from the first period and we'll be OK," said Drouin.

Game 3. Halifax taking nothing for granted in rematch

One thing's for sure, Jonathan Drouin is preparing for a dogfight.

The Halifax Mooseheads forward knows the Rouyn-Noranda Huskies will be playing desperately at home on Tuesday as they try to dig themselves out of a 2-0 hole in their semifinal series against the Herd.

Drouin also knows they'll be looking for redemption after squandering a two-goal third period lead in Sunday's Game 2 5-4 overtime loss.

"It's not going to be an easy place to play," said Drouin, who leads the Herd in postseason scoring with 24 points.

Though Drouin and the Mooseheads dominated the

Huskies in the second and third periods of Game 2 — outshooting Rouyn 18-7 — the Herd gave up all four goals, two of which were power play tallies, in the first period.

The focus will be to play a more disciplined, relentless game from start to finish.

"We know we can be the better team five-on-five," said

Drouin.

Mooseheads forward Martin Frk, who scored Sunday's OT winner, is taking nothing for granted heading into Game 3.

"They can pass, they can score, they can be physical," said Frk. "We know that and we'll be ready."

ANDREW RANKIN/METRO

Jets looking to get the job done in D.C.

NHL. Clash with Caps becomes 'biggest' of season for playoff-hungry Winnipeg

Having eked out a win over the Buffalo Sabres, Evander Kane and the Winnipeg Jets were already looking ahead to the next big test in their late-season bid to make the playoffs: Alex Ovechkin and the Washington Capitals.

"This game means nothing now," Kane said, referring to the Jets' 2-1 win over the Sabres on Monday night. "We needed this game in order to make something of tomorrow (Tuesday). Tomorrow's the biggest game of our season."

Antti Miettinen's shot from the right circle that just dribbled in over the goal line with 7:36 remaining proved to be the difference in keeping the Jets in the playoff race.



Jets' Aaron Gagnon, left, celebrates his second-period goal against the Sabres. SEAN RUDYK/GETTY IMAGES

Winnipeg (24-19-3) improved to 6-0-1 in its past seven and moved within a point of the idle New York Rangers and Ottawa Senators, who hold the Eastern Conference's final two playoff spots. Just as important, the Jets also crept to within a point of Southeast Division-leading Washington. That sets up a critical showdown on Tuesday, when Winnipeg travels to play the Capitals in the

final week of the season.

Winnipeg's seven-game point streak is its longest since going 6-0-1 from Nov. 22-Dec. 5, 2006, when the franchise was still the Atlanta Thrashers. In their second season in Winnipeg, the Jets are attempting to qualify for the playoffs for the first time in seven seasons and only the second time in the team's 13-year history.

Not all the news is good for the Jets. Already missing centre Olli Jokinen (ankle) and defenceman Zach Bogosian (concussion), Winnipeg lost forward Kyle Wellwood, who hurt his right hand blocking Vanek's shot in the second period.

Jets coach Claude Noel would say only that Wellwood sustained a long-term injury to his hand.

"We know what's at stake," Noel said, looking ahead to facing the Capitals. "It's the time of the year to put your best foot forward." **THE ASSOCIATED PRESS**



Bulls dish out heavy dose of 'D' to draw even with Nets

Chicago centre Joakim Noah, left, guards Brook Lopez of the Nets during an NBA Eastern Conference quarter-final game on Monday night in Brooklyn. The Bulls won 90-82, while holding the Nets to 35.4 per cent shooting to tie the series at a game apiece. **BRUCE BENNETT/GETTY IMAGES**

Raptors wrap-up

Colangelo talks coach, playoffs

Heading into an off-season of uncertainty, Bryan Colangelo said he was certain of two things: The Toronto Raptors will make a run for the playoffs next season, and if he's back as general manager Dwane Casey will remain his head coach.

Colangelo and Casey met with the Toronto media on Monday, a few days after the Raptors (34-48) wrapped up their fifth consecutive season without a playoff appearance.

"I will take that squarely on my shoulders and say that is the new expectation going into next year," Colangelo said on playoff expectations.

Colangelo doesn't have a deal for next season, with the club holding an option on what would be his eighth year. The GM said he believes his contract situation will be "resolved" within the next two or three weeks.

And if he returns, he said Casey will be back as well. **THE CANADIAN PRESS**

Premier League title

Red Devils realize their 20/20 vision

With 75,000 delirious Manchester United fans chanting "champions, champions" at full voice, Rio Ferdinand tugged the back of Robin van Persie's shirt bearing his squad number and shouted: "No. 20, No. 20."

Twenty was the number at Old Trafford on Monday.

United produced a performance of style and swagger to extend its record haul of English league titles to 20, overwhelming Aston Villa 3-0 to wrap up the championship with four matches to spare and reclaim the trophy from local rival Manchester City.

Van Persie, United's driving force all season, scored all three goals in a clinical first-half display. Dressed for the occasion — he was wearing the No. 20 shirt.

Red Devils manager Alex Ferguson's decision to sign Van Persie in the last off-season for \$36 million (U.S.) — a hefty price for a previously injury-prone player with just a year left on his Arsenal contract — has turned into a masterstroke. **THE ASSOCIATED PRESS**

MLB. Ninth inning lapse proves costly for Jays

Nick Markakis singled home the winning run with two outs in the bottom of the ninth inning, giving the Baltimore Orioles a 2-1 victory over the Toronto Blue Jays on Monday night.

Toronto reliever Aaron Loup (1-2) began the ninth by hitting Chris Davis with a pitch. After a sacrifice bunt, Steve Pearce popped out and Nolan Reimold received an intentional walk before Alexi Casilla reached on a throwing error by shortstop Munenori Kawasaki that

loaded the bases.

Markakis then sliced an 0-2 pitch to the opposite field near the left-field line.

Jim Johnson (1-1) worked a perfect ninth for the Orioles, now 5-2 on a nine-game homestand that ends Wednesday.

RHP R.A. Dickey expects to start Tuesday night for the Blue Jays despite experiencing back and neck soreness in his last start. The Orioles will send Miguel Gonzalez (1-1, 4.00 ERA) to the mound. **THE ASSOCIATED PRESS**



Orioles Chris Davis, centre, celebrates scoring the game-winning run against the Toronto Blue Jays on Monday in Baltimore. **ROB CARR/GETTY IMAGES**

NBA

NBA PLAYOFFS

FIRST ROUND

(Best-of-7 series)

EASTERN CONFERENCE

MIAMI (1) VS MILWAUKEE (8)

(Miami leads 1-0)

Sunday's result

Miami 110 Milwaukee 87

Tuesday's game

Milwaukee at Miami, 7:30 p.m.

NEW YORK (2) VS BOSTON (7)

(New York leads 1-0)

Tuesday's game

Boston at New York, 8 p.m.

INDIANA (3) VS ATLANTA (6)

(Indiana leads 1-0)

Sunday's result

Indiana 107 Atlanta 90

Wednesday's game

Atlanta at Indiana, 7:30 p.m.

(Series tied 1-1)

Monday's result

Chicago 90 Brooklyn 82

WESTERN CONFERENCE

OKLAHOMA CITY (1) VS HOUSTON (8)

(Oklahoma City leads 1-0)

Sunday's result

Oklahoma City 120 Houston 91

Wednesday's game

Houston at Oklahoma City, 7 p.m.

SAN ANTONIO (1) VS L.A. LAKERS (7)

(San Antonio leads 1-0)

Sunday's result

San Antonio 91 L.A. Lakers 79

Wednesday's game

L.A. Lakers at San Antonio, 9:30 p.m.

DENVER (3) VS GOLDEN STATE (6)

(Denver leads series 1-0)

Saturday's result

Denver 97 Golden State 95

Tuesday's game

Golden State at Denver, 10:30 p.m.

L.A. CLIPPERS (4) VS MEMPHIS (5)

(L.A. Clippers leads 1-0)

Monday's result

Memphis at L.A. Clippers

NHL

EASTERN CONFERENCE

	GP	W	L	OL	SL	GF	GA	Pt
dx-Pittsburgh	45	35	10	0	0	153	109	70
dx-Boston	44	27	12	2	3	123	97	59
d-Washington	45	25	18	2	0	140	123	52
x-Montreal	45	27	13	3	2	139	120	59
x-Toronto	45	25	15	0	5	138	124	55
NY Islanders	45	24	16	4	1	134	131	53
NY Rangers	45	24	17	0	4	120	106	52
Ottawa	45	23	16	2	4	109	99	52
Winnipeg	46	24	19	0	3	123	135	51
New Jersey	45	17	18	3	7	106	121	44
Buffalo	46	19	21	2	4	119	140	44
Philadelphia	45	20	22	1	2	124	137	43
Carolina	45	18	24	2	1	118	145	39
Tampa Bay	45	17	24	1	3	140	141	38
Florida	45	13	26	5	1	104	162	32

WESTERN CONFERENCE

	GP	W	L	OL	SL	GF	GA	Pt
dx-Chicago	44	34	5	0	5	146	94	73
dx-Anaheim	46	29	11	3	3	134	112	64
dx-Vancouver	45	25	13	1	6	121	110	57
x-Los Angeles	45	26	14	1	4	128	111	57
San Jose	45	24	14	3	4	118	109	55
St. Louis	45	26	17	1	1	119	112	54
Minnesota	45	24	18	1	2	116	119	51
Columbus	46	22	17	3	4	114	117	51
Detroit	45	21	16	3	5	113	112	50
Dallas	45	22	19	3	1	127	133	48
Phoenix	45	19	18	3	5	114	122	46
Calgary	45	19	22	1	3	123	149	42
Edmonton	45	17	21	4	3	111	127	41
Nashville	45	15	21	3	6	104	128	39
Colorado	45	15	23	5	2	109	142	37

x - clinched playoff berth; y - division; z - conference.

Monday's results

Winnipeg 2 Buffalo 1

Pittsburgh 3 Ottawa 1

Detroit 4 Phoenix 0

Anaheim 3 Edmonton 0

Chicago at Vancouver

Sunday's results

Anaheim 3 Edmonton 1

Calgary 4 Minnesota 1

Columbus 4 San Jose 3

Carolina 3 Tampa Bay 2

Colorado 5 St. Louis 3

Los Angeles 4 Dallas 3 (OT)

NY Rangers 4 New Jersey 1

Boston 3 Florida 0

MLB

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	13	6	.684	—
Baltimore	11	8	.579	2
New York	10	8	.556	2½
Tampa Bay	9	10	.474	4
Toronto	8	12	.400	5½
CENTRAL DIVISION				
	W	L	Pct	GB
Kansas City	10	7	.588	—
Minnesota	8	7	.533	1
Detroit	9	9	.500	1½
Cleveland	8	10	.444	2½
Chicago	7	12	.368	4
WEST DIVISION				
	W	L	Pct	GB
Texas	12	6	.667	—
Oakland	12	8	.600	1
Los Angeles	7	10	.412	4½
Seattle	8	13	.381	5½
Houston	5	14	.263	7½

Monday's results

Baltimore 2 Toronto 1

Tampa Bay 5 N.Y. Yankees 1

Boston 9 Oakland 6

Seattle 7 Houston 1

Cleveland 3 Chicago White Sox 2

Texas at L.A. Angels

Sunday's results

Toronto 8 N.Y. Yankees 4

Minnesota 5 Chicago White Sox 3

L.A. Angels 4 Detroit 3 (13 inn.)

Kansas City 4 Boston 2

Kansas City 5 Boston 4 (10 inn.)

Texas 11 Seattle 3

Tampa Bay 8 Oakland 1

Cleveland 5 Houston 4

L.A. Dodgers 7 Baltimore 4

NATIONAL LEAGUE

Monday's results

Philadelphia 3 Pittsburgh 2

St. Louis 3 Washington 2

Cincinnati 5 Chicago Cubs 4 (13 inn.)

Miami at Minnesota, ppd., rain

Atlanta at Colorado, ppd., snow

Milwaukee at San Diego

Arizona at San Francisco

Horoscopes

Aries

March 21 - April 20

You don't have to be perfect and you certainly don't have to live up to standards that other people set for you. The message of the stars this week is to be yourself.

Taurus

April 21 - May 21

You'll be in an impulsive mood today, both in your personal life and at work, but is that such a bad thing?

Gemini

May 22 - June 21

You may now be wondering if some of the plans you made earlier in the year were a bit optimistic. If so there is no need to criticize yourself for it, all you have to do is change them slightly. Much is still possible.

Cancer

June 22 - July 23

There is something you are desperate to say, something that has been nagging away at you for ages. Then say it and get it over with. Yes, you may well antagonize a few people but that's their fault not yours.

Leo

July 24 - Aug. 23

The Sun in Taurus brings out the cautious side of your nature, especially at work where you may be reluctant to say or do things that could rock the boat. It's a wise choice: the seas are a bit choppy at the moment.

Virgo

Aug. 24 - Sept. 23

Fact and fantasy are not so far apart that you can't find ways to link them. If you are creative by nature – and most Virgos are – use your imagination to envision a new future for yourself – then make it happen.

Libra

Sept. 24 - Oct. 23

You may want to heal a rift of some kind but if you try to be nice your rivals will see it as a sign of weakness and redouble their efforts to make you look bad. Some rifts are meant to be.

Scorpio

Oct. 24 - Nov. 22

It may be tempting to keep your head down and stay off the radar this week but if you take that route you will miss an opportunity to change your environment for the better. You can't opt out of life.

Sagittarius

Nov. 23 - Dec. 21

No doubt your head is full of wonderful ideas but make sure they are grounded in reality. Optimism is a wonderful thing but too much of the stuff can have negative consequences.

Capricorn

Dec. 22 - Jan. 20

What you need to recognize is that different people have different personalities and therefore different ways of doing things.

Aquarius

Jan. 21 - Feb. 19

The next few days are going to be challenging but that's okay because you will come out of it stronger and wiser. Thursday's eclipse will bring a work-related matter to a head. Promise yourself you'll stay calm.

Pisces

Feb. 20 - March 20

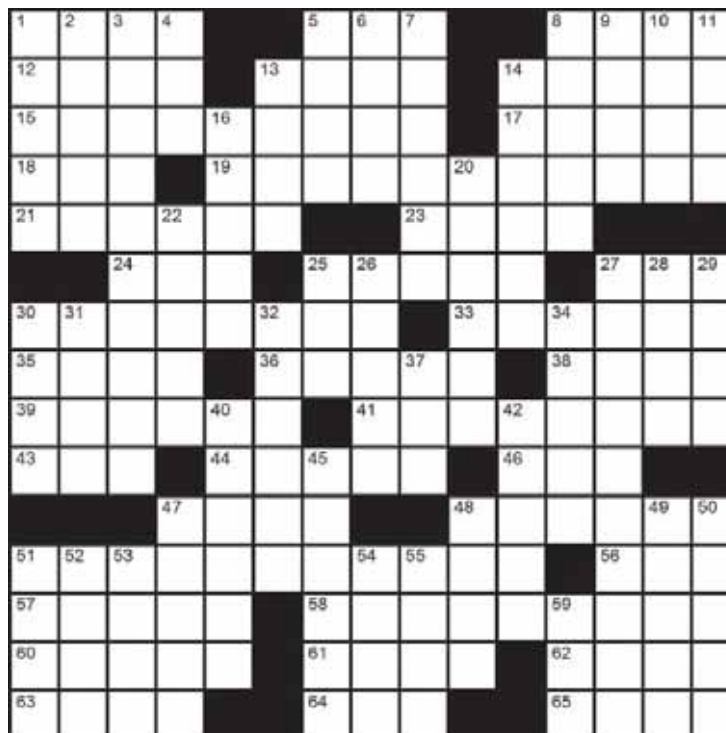
If something that has been going well for you now starts to go wrong don't worry too much. Take it as a sign to just leave it alone for a bit and by the end of the week you can pick up where you left off.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Invitation letters
- Flier to Narita Intl. Airport
- Tom Cruise movie
- Time Machine people
- Prefix to 'mal', as 0.25
- Person being quoted
- Plastic surgery procedures
- Web memo, _ _
- "Let's call _ _ day."
- Way to sell products on TV
- Directions: "Can you _ _ how to..."
- Radiate
- Taxi
- Doing words
- "Rain _ _" (1988)
- Sandra Bullock is Canadian in "The _ _" (2009)
- Tart-tasting
- Grazing grasslands
- Intense
- Early filmmaker, Thomas H. _ _
- Upward move
- Canada's most northerly highway
- Utmost, numbers-wise
- Inner's opposite
- Brain scan, for



short

- Small obi accessory
- Rescuers
- 13th PM, John _ _
- Soldier's food-in-a-packet [acronym]
- "Monster- _ _" (2005)
- _ _ Island, Nunavut

- Parts of windows
- Early-'80s hit: "Just the Two _ _"
- 1982 Sci-Fi flick starring Jeff Bridges
- _ _ (Retro advertised-on-TV record co.)
- St. Louis footballer
- Opera _ _ Ottawa

(Professional opera company)

Down

- Install anew
- Fred Flintstone's boss, Mr. _ _
- Pro helping a singer: 2 wds.
- Apple _ _

- Actor Mr. Daniels
- X- _ knife
- Group of Seven member, Arthur _ _ (b.1885 - d.1969)
- Touch of colour
- "Bonne Fete _ _..."
- Ms. Wilson of "La Femme Nikita"
- Cover the falcon's

eyes

- Sup
- Cherry: French
- _ _ stick
- Symbol
- Expire
- Central- _ _
- Dodge
- PEI novelist, Lucy Maud _ _ (b.1874 - d.1942)
- 'Appear' suffix
- Big Apple denizen
- Agenda
- Inactivity
- Ringed planet
- Scrooge
- Gerard _ _ Borch (Dutch painter)
- There's nothing to report: 2 wds.
- Equals
- "_ _ _ _ not..." (Hamlet's 'question' soliloquy)
- Patsy Cline's " _ _ to Pieces"
- Haws partners
- Mistake
- "I've Just _ _ Face" by The Beatles
- Frisbee, for one [var. sp.]
- The 'J.' of Michael J. Fox, for short
- Modelling's Ms. Macpherson
- Code for letters A, B, C: _ _ Bravo, Charlie
- Heidi of "Project Runway"
- Habs, on scoreboards

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

7°/4°
Variable

Wednesday

12°/8°
Rain
90%

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